

Spicy BBQ Chickpea Burgers

Ingredients:

cup dry/uncooked chickpeas (or 2 & 1/4 cups cooked chickpeas) + kombu (optional)
1/2 cup dry brown rice (or 1 & 1/4 cup cooked rice)
3 tbsp sunflower seeds + 1 tbsp pepita seeds, toasted
2 large garlic cloves, minced
1/2 cup diced red pepper
1 jalapeno, seeded and diced
1/4 cup diced red onion
1 small carrot, grated
1/4 cup minced fresh parsley
3 tbsp BBQ sauce
1/4 cup breadcrumbs, or more as needed (use GF breadcrumbs if necessary)
2-3 tbsp ground flax
1/4 tsp red pepper flakes
Fine grain sea salt, to taste (I used 1 tsp + Herbamare)



Preparation:

1. Methods to prepare chickpeas: 1) Soak dry chickpeas overnight, or for at least 8 hours, in a large bowl filled with water. When ready, drain and rinse the chickpeas. Place in a medium-sized pot with 3 cups of fresh water. Cover with lid and bring to a boil. Remove lid and place a small piece (~1" x 2") of kombu (optional) into the pot with 1/8th tsp salt. Cover again and simmer on low-medium for about 50 minutes, watching carefully after about 35-40. When cooked, chickpeas will be tender and some may have split open. Drain and rinse. Discard kombu. 2) Alternatively, you can use canned chickpeas or 3) the quick-soak method: Add 3 cups water and 1 cup dry chickpeas into a pot. Cover, bring to a boil, and immediately turn heat off. Keep covered and let sit for 1 hour. After 1 hour, drain and rinse chickpeas. Add into rinsed pot with 3 cups fresh water. Cook the same as method 1) above.
2. To cook rice: In a strainer, rinse the rice. Add 1/2 cup dry rice into a pot with 1 cup water. Bring to a boil. Reduce heat to low, cover with lid, and simmer for about 25-30 minutes, watching closely and giving it a stir after 20. Add a touch more water if necessary.
3. Toast seeds: Preheat oven to 300F. Toast sunflower and pepita seeds for about 12 minutes, or until lightly golden in colour. Set aside.
4. Chop vegetables. Finely chop the garlic, peppers, onion, and parsley. Grate carrot. Stir in half the salt. Set aside.
5. Mash chickpeas and rice: When chickpeas are ready, drain and rinse. Add the cooked chickpeas and rice into a large bowl. Make sure your rice is HOT as it helps it stick together and bind. Do not use cold rice. With a potato masher, mash very well, leaving some chunks for texture. You will need to use a lot of elbow grease to mash this up, but you want it really sticky so it's worth it! You can also pulse in a food processor.
6. Mix it all up: Preheat a large skillet over medium-high heat. With a wooden spoon, stir in the chopped vegetables into the mashed chickpea/rice mixture. Now stir in the seeds, BBQ sauce, breadcrumbs, and ground flax. Add the salt and red pepper flakes to taste.
7. Shape patties & cook: Form 6-8 patties and pack dough together tightly. Spray the preheated skillet with oil. Cook the patties for about 4-5 minutes per side over medium-high heat (time will vary based on your temp). Burgers should be browned and firm when ready. You can also try grilling the patties (try pre-baking patties for 15 mins in the oven at 350F before grilling).